



GSOSW Hike Selection Guide

Are you hoping to expand your hiking and outdoor skills? GSOSW is here to help! In the spirit of encouraging [Outdoor Progression](#), you can use the following guide to help determine what an appropriate hike is for you at this time. To ensure you feel safe and comfortable on hiking activities that GSOSW offers (or if you plan your own hike), use the tool in **Step 1** to determine what your current hiking level is. Then, **Step 2** will help you understand what types of hikes may be a great fit for you. Finally, you can get ideas for where to hike in **Step 3**. Happy trails!

STEP 1: Calculate Your Hiking Level

This tool will give you an idea of what GSOSW hikes are appropriate for you and your Girl Scout at your current hiking level. If there is a hike you'd like to do that is above your current level, we encourage you to train by completing easier hikes until you reach that level of hiking ability. Everybody, every trail, and every day is different—if your gut tells you you're not ready for a certain hike, listen to it! The hike will wait until you or your Girl Scout are ready for it.

1. I am currently comfortable hiking...

- A. Not at all, but I love to be outside learning.
- B. On flat terrain, with no more than 8 lbs in my pack.
- C. Rugged uphill terrain, with no more than 20 lbs in my pack.
- D. Steep terrain, with possible small scrambles (requiring use of hands to get up an area) or obstacles on trail, and moderate exposure with more than 20 lbs in my pack.

2. My current exercise routine looks like...

- A. Going grocery shopping or playing at the playground.
- B. Walking the dog in my neighborhood or long walks with my family.
- C. Running, walking, cycling, swimming, or other sports weekly.
- D. Running, walking, cycling, swimming, or other sports at least three times a week.

3. Without running out of breath, I am capable of climbing stairs up...

- A. 1 floor.
- B. 2 floors.
- C. 4 floors.
- D. 8 floors or more.



4. When in the hot sun, I...

- A. Melt instantly and seek air conditioning.
- B. Sweat a lot even when not active, and feel tired.
- C. Drink LOTS of water and take it slow.
- D. Do just fine; I know how to adjust my pace and stay hydrated.

5. When it comes to weather and trail conditions, I...

- A. Don't know what that means.
- B. Will turn around and go home if it starts raining hard.
- C. Am motivated to keep going even when conditions get more challenging.
- D. Am comfortable adjusting my pace and clothing whether it's raining, snowing, hot, cold, steep, or flat.



IF YOU SCORED:

Mostly As: you may be best suited for **BEGINNER / LEVEL 1**

Mostly Bs: you may be best suited for **MODERATE / LEVEL 2**

Mostly Cs: you may be best suited for **CHALLENGING / LEVEL 3**

Mostly Ds: you may be best suited for **STRENUOUS OR EXTENDED / LEVEL 4**

STEP 2: Understand Hike Classification

Use the following chart to understand what types of hikes are appropriate for your level. The **Description** tells you what trail characteristics likely match your hiking ability. **Fitness** describes what you should be able to do physically before attempting such a hike. **Attitude** should reflect your mindset about attempting the hike. When in doubt about whether a trail is a good level for you, play it safe and try something easier first. You can always turn around if it's not a good fit!

BEGINNER / LEVEL 1	
DESCRIPTION	Paved trails, very flat and wide unpaved trails, and American Disabilities Act (ADA) listed trails.
FITNESS	Comfortable walking in neighborhoods or at the city park.
ATTITUDE	Excited to be outside and see somewhere new, but not ready for a challenge.
MODERATE / LEVEL 2	
DESCRIPTION	2-4 miles. 1,000-1,500 feet elevation gain (steepness). Trail may have rocky or uneven terrain.
FITNESS	Ability to walk 4-6 miles comfortably. Comfortable with uneven or rocky terrain.
ATTITUDE	Looking for a bit of a challenge, enthusiastic while hiking.
CHALLENGING / LEVEL 3	
DESCRIPTION	5-8 miles. 2,000-3,000 feet elevation gain (steepness). May include very steep areas, rocky and/or exposed sections.
FITNESS	Regular vigorous exercise. Walk/hike 4+ miles at least twice a month.
ATTITUDE	Determined and positive attitude, looking for a physical and mental challenge.
STRENUOUS OR EXTENDED / LEVEL 4	
DESCRIPTION	All overnight backpacking trips (any season), or day hikes over eight miles. Possibility of very steep sections, rocky or loose terrain, exposed sections, or limited/no access to extra water.
FITNESS	Regular vigorous exercise and at least three times per week. Requires significant previous hiking experience. For backpacking, must be fully prepared to spend the night outdoors.
ATTITUDE	Loves to hike and to challenge self, ready to be persistent and motivated through various challenges. Willing to learn and practice new skills.

STEP 3: Find a Hike for You!

Now, it's time to hike! Below are some suggestions on where to hike in our region, classified by level. Remember, these levels are just a guideline and are not a guarantee that the hike is perfect for you. Rather, it's a place to get started and to help you understand the progression of hiking skills. ALWAYS thoroughly research a trail before going on a hike, and bring the [ten essentials](#). If you are considering registering for a GSOSW hiking activity and are unsure whether it is appropriate for you, please contact activities@girlscoutsosw.org.



BEGINNER / LEVEL 1

GSOSW: Beginner's Snowshoe Day Hike
Silver Falls State Park (Sublimity, OR)
Mt. Tabor Park (Portland, OR)
Forest Park (Portland, OR)

Wahkeena Falls (Columbia River Gorge, OR)
Pilot Butte (Bend, OR)
Skinner Butte (Eugene, OR)
Mt. Pisgah (Eugene, OR)

MODERATE / LEVEL 2

Wind Mountain (Columbia River Gorge, WA)
Mirror Lake (Mt. Hood, OR)
Eight Dollar Mountain (Grants Pass, OR)
Table Rock (Medford, OR)
Tamanawas Falls (Mt. Hood, OR)

Misery Ridge, Smith Rock (Terrebonne, OR)
The Thumb (Lincoln County, OR)
Beacon Rock (North Bonneville, WA)
Spencer Butte (Eugene, OR)
Lookout Mountain (Mt. Hood, OR)

CHALLENGING / LEVEL 3

Dog Mountain (Columbia River Gorge, WA)
Saddle Mountain (Clatsop County, OR)
Hamilton Mtn. (Columbia River Gorge, WA)

Angel's Rest (Columbia River Gorge, OR)
Neahkahnie Mtn. (Tillamook County, OR)
Van Patten Lake (Union County, OR)

STRENUOUS OR EXTENDED / LEVEL 4

GSOSW Activity: Intro to Backpacking
GSOSW Activity: Snowvernigh

Mt. St. Helens (Skamania County, OR)
Rogue River Trail (Jackson County, OR)

Did you go on a hike and think it'd be great for other Girl Scouts? Submit it to be put on GSOSW's [Get Outdoors Map!](#)